



Rangers help community

Charity event raises money for United Way.
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SPOKE

A LEARNING HUB FOR JOURNALISM STUDENTS



Improving our self-esteem

WCA Cambridge news project boosts self-esteem.
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WINDY FEBRUARY 15, 2013

CONESTOGA COLLEGE, WYOMING, ONT.

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67TH YEAR - NO. 6

SHOW me the money

BY STEVE HARRISON

This is the last of a five-part series examining the causes and consequences of homelessness in Waterloo Region.

It's a Saturday evening, but the Bethany Evangelical Missionary Church in Kitchener is packed.

A group of people are congregated in the crowded foyer, their hair and clothes dusted with freshly fallen snowflakes, chatting casually about the city's current cold snap and the Super Bowl, several others pass the balls while another stands against the door to the sanctuary, a dark puddle of snow forming beneath his heavy black boots.

Most of the visitors, however, are gathered in the giant gymnasium at the back of the building.

There are about 70 of them and they are agitated to see one of the men.

Beneath the bright fluorescent lights and the ancient basketball net, they sit on green plastic chairs arranged in a circle or in several rows on tables, some round, others

Helter Shelter

A LOOK AT HOMELESSNESS IN WATERLOO REGION

rectangular, each topped with a patch of amber leaf peep.

The air in the gym is heated and smells of meat and burnt coffee. The mood is somber, the atmosphere one of competing - very much, one interrupted only by the occasional cough or the struts of someone. The majority of the guests are only here to hang out in one another, but to keep plates of roast beef, mashed potatoes and macaroni.

On the other side of the room, separated from the main hall by a long metal divider, about 10 single mattresses are spread across the concrete floor like fallen soldiers. They are piled with coats and blankets, some with pillows, some with bags of clothing and folded bedsheets hanging in the air.

They are where some of the people sleeping through the night will find themselves the night

■■■■



Loth and Anne Helter volunteer one Sunday a month at the St. Louis Roman Catholic Church. Out of the cell site, 5000 serves about 250 meals and serves 80 people a night from Nov. 3 through April 30.

According to the most recent census data, Waterloo Region is home to one of the highest numbers of homeless in all of southern Ontario, and 80 per cent of the labour force

worked at some point during the last year.

A full quarter of all households have average incomes of above \$100,000, and there are far fewer "low income" house-

holds - 10.3 per cent - than the province's average of 14.7 per cent, and the national average of 15.3 per cent.

BY STEVE HARRISON FOR SPOKE

International students want more services

BY DANIEL HARRISON

At the last College Council meeting of the new year, council members shared some exciting thoughts and proposals that will be happening at Conestoga.

The council is a group of college students and staff who provide advice to the president on matters of importance.

According to Alan Vaughan, vice-president of student management and international education at Conestoga this year has proved to be successful in terms of international student enrollment at the college.

And with 188 new international students, Conestoga is doing a fantastic job of welcoming them. In the past, the college could not make sure there were services available to support them in both their academic

and personal lives, by better integrating them into the college.

In a recent survey, international students asked for more job opportunities on campus and assistance with making new friends.

Conestoga will, therefore, be providing 10 to 15 international students with a mentor who has English as their second language working at the college. Initially, this was a pilot program of five students. It was suggested that an English course for first-year ESL students be provided.

It is one thing to bring international students here, but it is our job to keep them by providing good services to support them," said Vaughan. In other international education news, there will be a pre-graduate certificate program development program being completed at the college in May that

will be offered toward international students.

Council members also discussed an exciting concept called "Energy Village."

"We wanted a way to put us at the forefront of renewable energy and conservation," said Conestoga College president John Thibault.

The vision of Energy Village is to establish a research and learning facility in renewable energy and conservation in the fields of energy research and conservation.

The concept paper will be given to the Ontario Ministry of Training, Colleges and Universities in early March, and if they like the idea, the college will complete their research and more forward with a business plan.

This is going to positively impact the future and energy programs," said Thibault. "It will also attract

international students and create jobs."

Next on the agenda was Accessibility for Conestoga with Disabilities.

With a nine per cent increase in students registering with the college's Disability Services last year, and a new range of disabilities being presented, Conestoga's immediate goal is to prevent barriers for all people with disabilities, including students, faculty and visitors.

Right now, accessible education is only provided upon request, but as of today, everything we do will meet the standards of accommodation," said Michael Burrows, vice-president of student affairs and student services.

"We are working diligently to get the resources in order. Opening added that "what we're presenting in the classroom must be accessible to all

as we move forward."

It will be necessary for all visitors to be informed, and teachers are learning how to make all documents accessible.

Other suggestions included the idea of electronic books, and more online notes.

Next, Garry Borman, president of Conestoga Students Inc., presented CSI's news.

He said the 11-Pass, a university 5000 hour pass, will no longer be implemented in September. Instead, Conestoga's student services will be expanding with the possibility of extended hours and longer courses.

A second dinner and a new table for next year are also being considered.

In other CSI news, Borman said the recreation center will soon be getting a makeover.

A survey of students is currently underway asking them for their thoughts.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could ruin any celebrity's career, who would it be?



"Tom Miller"

Tom Miller,
1st year
broadcast television

"Leonardo DiCaprio, even though it's already ruined"

Josh Stoffen,
1st year
broadcast television



"Josh Stoffen"

Josh Stoffen,
1st year
broadcast television



"Josh Stoffen"

Brooks Macdonald,
1st year
broadcast television



"Brooks Macdonald"



Rob Willett,
1st year
broadcast television



"Rob Willett"

Devlin Williams,
1st year
broadcast television

(Devlin Williams, provided to us and requested)

Local CBC station to hit the airwaves

BY ROB WILLETTS

For those accustomed to starting their day listening to the radio in Waterloo, a new sound will hit the airwaves on March 11, as new CBC station will begin airing at 88.1 on the FM dial.

Headed by Craig Morris, the new station will provide listeners from 8 a.m. to 8:30 p.m. with all the things that people expect from CBC, but with a local twist. Morris, whose roots are firmly planted in the region, grew up and still lives in Guelph and has been with CBC for eight years.

"I'm as happy as I'm coming back to the area. It's wonderful. A life and really in a dream come true," said Morris. "Waterloo has been really liberating, it gives me an opportunity to really put out my own stamp on things."

The station, which is situated in the middle of downtown Waterloo on King Street, will offer the locals an opportunity to really interact with people on the street.

Along with the radio show, there will be a large web presence, led by producer, Andrew Bellmore. One of the stations new digital services is



PHOTO BY ROB WILLETTS

Construction work continues at the new CBC station at 88.1 on the FM dial set to open on March 11.

www.cbcwaterloo.waterloo. Everything they do in the radio show will be mirrored on the web, giving their web users a computer or opportunity to interact with the present and the hosts via their keyboards. It will allow the producers in the region to ask questions and have their say on the topic of the day, resulting in an in-depth commentary format experience for the people of Waterloo Region.

"It will be a very symbiotic relationship. The show will

feed the web and the web will feed the show, giving listeners a whole new experience," Morris said.

The new service originates as part of CBC's Everyman plan, "Everyman Every Way" which was launched in February 2011. Its goal is to better connect more than 10 million Canadians with the world's largest public broadcaster. It was the second branch of the Hamilton system.

Along a CBC was an important leader in the earliest days of radio and television, were maintaining it and the way with the historic service that will connect the residents of the Waterloo Region to their neighbourhoods, their cities, their country and the world," said Andrew Bellmore, executive vice-president of the English Region, "whatever and wherever they are in a way to see them doing in Canada."

It is all part of what Morris says makes that unique from just another show that's broadcast from CBC Toronto. He said that satellite station will bring an extremely local viewpoint that just can't be done from Toronto.

Conestoga student app has wow factor

BY JESSICA MCKENZIE

the app for his mobile programming class and came up with the idea by finding room for improvement in the existing market.

"I see the Grand River Transit app and I'm impressed enough, there isn't a lot of good GPS apps for smartphones, so I thought I might as well fill that gap," said Gall, explaining that his app will display an overall map, individual routes and times for specific stops.

There is also a live app in the store that will let you view the GRT schedules, but it also displays public transportation information from Guelph and Hamilton. Gall is the only app that is already in Waterloo Region and features a few other live that were not added there. It's frequently voted one of the best apps.

That was the first time Gall has created something to benefit the Waterloo community. He also developed an app for

renewing the health and environment of local communities.

The Region of Waterloo goes on that information for free. You search any number of areas, it'll pop up, you click it and it shows you these health inspection reports for the past year."

Gall has been working hard to get his GRT app in "BlackBerry users" hands. It is currently not available for download due to some last minute time limitations trying to compile an offline database of the search results. He believes it can be resolved without a data connection - some thing that was inspired by students having an internet on a particular server of Conestoga.

Regardless of when the app will be available, he does lead in AppWorld GRT and the goal was to see the validation that what he does at Conestoga applies in the real world.

Club brings back classics

BY LINNAY TERRY

Have you ever wished you could watch your favorite movie again on the big screen? If so, now's your chance.

Danby's Bookshelf seems to give moviegoers the chance to sit in the front row and catch classic on the big screen as part of their new movie series.

The Danby's Bookshelf Club kicked off its movie screening on Feb. 11 with a screening of *Gladiator*.

Each month, club members will choose a film and the cinema will screen it for one night only. Next in the lineup is *The Big Lebowski*, which plays on Feb. 21.

Much like the adapt of author classic movie, Bookshelf seems to give moviegoers the chance to sit in the front row and catch classic on the big screen as part of their new movie series.

"My hope is that by providing the good and the movies, people who love movies will come out," he said.

"We're also hoping this will become a regular event where people want not only to watch a movie, but to go to the movie to talk more about the movies we love."

The initial idea for the club came from Danby's Bookshelf's assistant manager, William Williams.

Williams and the idea for the club came out of a conversation with friends about which movies they'd love to see again at the cinema.

"From there, the club took

shape pretty quickly because of the collection of The Bookshelf? They're not like that," he said.

"So what does he hope to accomplish with the club?"

"Two things. The first goal is to have a night once a month where people who love movies can see movies with other people who love movies. I really want it to be like a community," Williams said.

He also hopes to encourage people to act on their own creative ideas.

"So many people have great ideas that they never act on because they think they're too hard or because they worry no one will be interested in them. Hopefully people will see these examples and start something themselves."

There are also plans to feature changeable film content, speakers and more at the movie nights.

"That's the great thing about having The Bookshelf involved," said Williams. "We have a chance to combine movies, books, music and food in a great space. Hopefully, as things go forward, we will be able to incorporate our ideas with suggestions from moviegoers to make it an event not to be missed."

The first two movies were

selected by Bookshelf. But from now on the movies will be nominated by members of the club by ballot. Those nominations will be used to create a short list which will be posted on The Bookshelf Facebook page. After a week, the movie with the most votes becomes next month's pick.

Williams said he is excited to see Danby's with its new screen and Hollywood popular movies such as *Gladiator* and *Indiana Jones* or choose more complex art films.

Two more movie nights and requests that people have put in for French art films from the *Ville de David Lynch* movies like *After Hours*, he said.

"Whether movie is classic, modern or art, we want to be at the back and let other people decide what they want to see."

Tickets for the Danby's Bookshelf Club are currently only available at the door to moviegoers are encouraged to line up early. Tickets are \$4 for non-

members and \$12 for members. However, a discount on a moviegoer's insurance will get you a discount at the Greenhouse and reserved seating for the night's movie. Cost is \$12 per person, \$20 for members. Call 502-523-3311, ext. 305, to make a reservation.

DANNY'S FIVE PICKS

"There are so many movies I'd love to see on the big screen, but if you put a gun to my head, I'd be picking from my most loved favorites. I grew up in the '60s and early '80s so my list list would look like this."

- *Star Wars: A New Hope* (original release)
- *Amateur* Park
- *Requiem for a Dream*
- *E.T.*
- *Back to the Future*

— Danny Williamson, Danby's Movie Club

spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Local dance artist Michelle Hopkins believes in communicating through the art of dance
- What is the significance of Valentine's Day to students?
- Learn what Collegeville students are doing during Reading Week
- The "Katie" Women's Show celebrates women over 40
- How would you put your life back together after a devastating fire related you if all of your possessions? Fortunately, an ECU student from Collegeville has an entire department helping him get back on his feet

Not much social about social media

As part of most people's daily routine, Facebook has brought in everything from game games to the ability to connect with friends long forgotten. But for some, the social media site is taking up more time than necessary. Constant things to distract from work when it's really important, the ability to connect with friends long forgotten. But for some, the social media site is taking up more time than necessary. Constant things to distract from work when it's really important, the ability to connect with friends long forgotten. But for some, the social media site is taking up more time than necessary.

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Whitney South
Epstein

Myer's life is hanging in the air, popular university from years to high school where having a vast amount of friends and social status.

Or maybe it's because, in this world full of technology and electronic communication, feeling one small amount of personal connection helps us to feel the feeling we are all truly alone.

I can't count the number of times I've had a "friend" who really made me feel like a person who is on the street, only to realize a message hours later telling me I know how often it was to see me.

Recently, I attended an event at a local pub. I knew some friends I hadn't seen in over a decade would be there and was excited to have some face-to-face interactions. Inspired by some great chats and debates online, I headed out for the night expecting a great time and some engaged conversation. Instead, the evening was filled in a few quick greetings, moved by

the fact my presence didn't seem to matter even a glance up from what must've been a very busy smartphone.

The lack of ability to communicate in real life is a tragedy.

The number of monthly Facebook users around the world has climbed to over 500 million since its launch in 2004. With Collegeville making up over 25 million of those users, 24 per cent of the country is logging on.

What society has to remember is that despite the ease of online friendships, it's quality not quantity that really matters.

FACEBOOK FACTS

1. Barack Obama's victory Facebook post was the most liked photo on Facebook with over four million likes.
2. The average Facebook user has 130 friends.
3. More than 850 million photos are uploaded on Facebook every day.
4. As of 2012, 23.8 million years of music have been played on Facebook.
5. Facebook's games revenue was 12 per cent of Facebook's total income.

Source: Huffington Post



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The School of Self-Acceptance

**STORY AND PHOTOS
BY ARIAN RICHMOND**

When you look in the mirror and don't like what you see, poor self-esteem can take a hit. Sometimes you wish there was a solution, something you could read or someone to tell you that you're really OK.

The message of the poster body that society and the media are blowing at us are tough to drive out and solutions are and is impossible. We almost need a guide or a tutor to help us navigate our own body image.

Don't look any further—the School of Self-Acceptance is now taking applications.

However, it isn't a real school but an art exhibit set up in a former school in the upper level of the Women's International Center and Gallery Building located at 85 College St. in Cambridge.

The IWCA Cambridge is hosting the 10th anniversary exhibit of Cheryl-Ann Webster's Beautiful Women Project which will be open to the public from March 1 until April 26.

“If self-esteem is the foundation of everything we are, no matter who you are and no matter what background...”

—Cheryl-Ann Webster

“It’s such a great way for us to put something out there that really resonates with us we are an organization and I think it’s a great way to promote to actual groups and to youth and to people in the community what kind of programs we offer,” said Erin MacLaggan, media liaison program coordinator at IWCA Cambridge, who visited already with Webster to bring the exhibit to the space.

MacLaggan is free, but the IWCA is taking financial donations from sponsors. Visitors. People can also sponsor a volunteer for \$100 through the IWCA Cambridge’s Facebook page.

If a sculpture has already been sponsored, it can’t be sponsored again and will show up on a wall and all the proceeds from sponsors will go toward the IWCA, programming for girls and seniors will get a big boost.

At the exhibit, 120 different sculptures of women’s faces

of varying shapes and sizes will be on display for visitors to look at and compare to their own bodies.

Webster started the Beautiful Women Project when the effects of poor body image hit, hers and her daughter’s, but not her own body image.

When Webster was 17 she became pregnant and, unable to take care of her daughter, allowed a family member (living in England) to adopt her.

After this, she said she began to drink heavily and her self-esteem hit rock bottom. However, her life finally came together after she met her husband, graduated from Carleton University in Ottawa and became a Canadian citizen.

When her daughter was 15 years old, Webster was raped with her.

“It was her response to her body that led me to create the Beautiful Women Project.”

She also said that the Beautiful Women Project helped her accept herself and is a way, accept her past, by making her able to call her stretch marks from her pregnancy “treasures of motherhood.”

Webster defines body image as the way we think we look, and just the way we really look. Low body image usually results in a person having low self-esteem. However, in the same respect, someone can have high self-esteem and poor body image, as a positive body image and low self-esteem.

It is not about that people suffer from low self-esteem and poor body image while in the Western standard of beauty; it seems that no matter what shape or weight a person is, she will always be pressured to change her body.

The sculptor Goddess in the School of Self-Acceptance exhibit is one example of the pressures society puts on people.

Webster described how the sculptor also sculpted Goddess and she had been both thin and heavier in her life, and that no matter what she looked like she wasn’t accepted for who she was.

“When she was small people would encourage her to not move, as she got larger people would encourage her to diet suddenly,” said Webster.

Although Goddess is one of the larger sculptures and rarely gets sponsored, she’s almost always a national respect and was when



After Cheryl-Ann Webster poses with her own clay sculpture in her exhibit at the IWCA in Cambridge on Feb. 11, her message is that there is not one influence on how we view ourselves, but many.

you first see her. “She is very pretty. She’s the opposite of what women are told to be, to be thin, to be in the background, to be thin and do what they’re told,” said MacLaggan.

Goddess is left the only one that people tend to be drawn to. However Beauty and Inner Beauty I are sculptures of a woman who was used before and after she had her breasts removed because of breast cancer. The difference is very obvious and not striking, but people accept it, even those who might not expect to understand.

Many years ago, we had a little girl come into the exhibit and her mom was looking around when all the

sculptures were in one room. The little girl came up and she was really confused by the sculpture and she asked, “If it was a boy, I said, ‘No, there are no boys in this.’”

“No, she looked and said, ‘No, it’s a girl!’”

“I said, ‘Well, she has a belly button.’ And I’ve been the man will come back to explain rather than me do it, but she was still reading another sculpture, so I said, ‘Well, the lady’s breasts got sick and the doctor had to take them off so she could be well again.’ I thought oh, what’s going to happen to the little girl, but she just went, ‘Mom’s just like me now,’ and pulled her hands down her chest.”

This shows the exhibit is not only for adults and teenagers. It is a family-friendly exhibit that is meant to relay the same message for all, regardless of age or gender. This is why Webster said a wide range of self-acceptance when creating the sculptures.

Volunteers from 16 to 81 and of all shapes and sizes were used and their ages were not posted under the sculptures to enforce the idea that the shape or size of a person’s breasts or stomach is not dependent on age.

There are two 3D porcelain in the exhibit and one 81-year old, with two only faces named I Am Mrs. Love Love and Gladty.



Amy Brown, a member of the YWCA board of directors, compares herself to the clay sculpture torso of a sit fast woman. The torso was passed around for everyone to try as an activity to get people comfortable before seeing a website exhibit full of breasts and bellies.

One of the 18-year-old girls visited the exhibit with her school when there were only 118 sculptures. She later became the 120th sculpture.

"They spent a long time in the gallery looking through and reading each story and then one young lady came up to me and said, 'I've loved the lives of all these women.' And I looked at this young 18-year-old woman and realized she was telling the truth."

Weibster said this young woman came to her and told her that visiting the exhibit

had helped her make her decisions to leave her unhappy lifestyle, everything she knew, and change her life for the better.

Weibster does have her own sculpture in the exhibit called *Body Image Is Not Black And White*. She uses this phrase on her piece because after all the research she did, she realized it didn't matter if everyone was raised the same or saw the same images, body image between two people can vary and there are thousands of influences that affect body

image and self-esteem.

Each classroom in the exhibit will feature a number of sculptures or a reflective and informative activity to get students thinking about body image and how they perceive themselves and others.

The exhibit holds stories of loss, abuse and struggle and can be quite emotional at times. However, there are many uplifting and inspirational stories that won't fail to leave a mark on all who visit and has had the biggest impact on the artist herself.

"The last 10 years with the Beautiful Women Project has been equivalent to doing a PhD on life. For me as an artist I was already creating an art exhibit, but what it had to teach me from who I am as a person is what really in-

trins means, what transcreation means, what health means and how self-esteem is the foundation of everything we are, as mother who you are and as mother who back-ground, I can honestly say it was like a PhD on life."



The black hands pointing at nine o'clock represent the abuse Weibster suffered at the age of nine. The tears and healing scars represent the recovery and cleansing of self. With this sculpture, Weibster's message is that although we get up scars to protect ourselves, we are also deflecting love and kindness as sometimes our wound is deep.



Two love volunteers are now help. One woman's initial sculpture was titled *Invisible Beauty*. She was used again after undergoing a double mastectomy due to breast cancer. Her second sculpture is titled *Invisible Beauty 2*.



Condoms and communication with your partner are important in preventing STIs, even in the heat of the moment.



Photo by: JESSICA KENNEDY

Condoms are a great way to protect against most sexually transmitted infections (STIs). That is why people from Fayette and Rachel McKay insist on using protection every time.

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STAG SHOP
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The Power of Love...

Think with your condom

One in four people have an STI

BY JESSICA KENNEDY

With Valentine's Day almost here, most of us are busy buying flowers and chocolates, hoping to woo that special someone. But, what about buying condoms?

According to www.stagshop.com, if you are sitting at a lunch table with three friends you can estimate that one out of four of you have had a sexually transmitted infection (STI). This shouldn't make you cringe at the sight of your friends but rather realize the importance of safe sex.

Safe sex is almost an expression, when referring to abstinence has been proven to be fully effective against pregnancy and STIs. It makes you question, what should you really be using for protection?

Condoms do not prevent all STIs, which is a common misconception, and abstinence may prove to be the best option. According to Dr. Ashley Washington, who is currently serving as one of Queen's University's Comprehensive Abstinence, Research, and Education Fellows, Asking your partner about his or her past sexual experiences is a good way to start the conversation about contraception, but if your significant other has had even one sexual partner you should also discuss if they have recently had tested for STIs.

Washington wants college students to know that being tested isn't something to be

"You do not need to have a painful virus to be tested for STIs. Chlamydia and gonorrhea can be diagnosed with a simple urine sample," she said.

Using a condom during intercourse reduces oral and anal risk, and, if used correctly, is a great way to prevent transmission between you and your partner.

At Queen's College you can visit Health Services in Room 1A-208 for free condoms. While there you can also schedule an appointment for STI screening and pregnancy testing and counseling with the nurses. However, you must purchase if you are unable to visit the office you can look up appointment by calling 519-748-0220, ext. 3020.

Kathleen Olin, the Health Services nurse at Queen's College, wants students to know that there are other places in K. U. to go to for support if the doctor's office is not open.

Olin, suggests urgent contraception which are open seven days a week, as well as plan makers, as a great help for students who need support and information on sexual health and protection.

Having "the talk" or discussing about safe sex is a good idea and even like a tip, get away from your partner in the heat

of the moment, but it will save you from having to ask many other questions after the fact.

COMMON MYTHS ABOUT STIs

Myth: It won't happen to me.

Myth: HPV is a female problem.

Fact: Eight out of 10 Canadians (both male and female) will get HPV in their lifetime.

Myth: You can't get an STI from giving or receiving oral sex.

Fact: Compared to all other forms of sex, oral sex is considered a low-risk sexual activity but the majority of common STIs can be spread through either penetrating or receiving oral sex.

Myth: I don't have an STI because I don't have any symptoms.

Fact: Most sexually transmitted infections don't have visible symptoms.

Fact: If your partner may have an infection and not even know it.

Myth: All STIs can be treated. **Fact:** HIV, herpes and hepatitis can be managed with medications, but cannot be cured.

Source: Dr. Ashley Washington

Ending homelessness not so simple

■ FROM PAGE 1

Shandra Dietrich-Bell is the executive director of Housing Our Outcast Friends (HOOF), a 14-house shelter and resource centre for homeless and impoverished youth.

She says the region's infrastructure level of wealth and affluence makes it more difficult to maintain head-to-toe care. "I think it's ridiculous and shameful that in an area as rich as this we have anyone who sleeps outside," she says from an upstairs room in the downtown Railway youth facility. "I think homelessness could be eliminated 100 per cent in this country."

John Macleod, housing services coordinator at Lutherwood, coordinates the widening gap between the rich and poor in a selfish society.

"Part of what I see in our culture is that we are very individualistic and we have an expectation that government is going to look after other people's needs," she says. "I think we change how we look at people who are vulnerable and marginalized within our own communities. We have a collective responsibility to look after the basic needs of everybody who's living in this region."

That group that has been looking after the basic needs of homeless people since 1989 is HOOF.

Cathy Savage, who has been with the overnight shelter program since its inception and serves as the coordinator at the First United Church since its Waterloo open-the-suitcase was launched as a response to social service cuts during the Progressive Conservative administration of the time of the century.

"At that time, Mike Harris was the premier in power and he was saying the government wouldn't afford to continue to support social programs and the churches needed help doing what they also saw as their part in it as a challenge."

Over the last 24 years, HOOF grew to include nine churches and today takes upon hundreds of volunteers and tens of thousands of dollars in local donations each winter.

And while many of the area's homeless population would be sleeping on the streets without the local church community's compassion, local advocates are concerned about the rising number of people using the service.

According to Dennis Watson, co-ordinator of the Trinity United Church, the need for beds has risen steadily since it was first started. "The number of people who sleep at HOOF since 1989

November and December 1991 was 38 per cent higher than the same period in 1991.

Dietrich-Bell says the problem with programs like HOOF is that although they serve basic immediate needs, they fail to address the root causes of homelessness.

"We're bit of a catch-22," she says. "Homelessness is increasingly necessary and I doubt for two years to get HOOF into a position where we could be a shelter, but I think in some measure it is very much a Band Aid solution."

Dietrich-Bell says programs like HOOF take the cost off of the province to address the issue.

"To me, a shelter or Out of the Cold lets the government off the hook," she says. "Because we operate the shelter as a community, there's not enough pressure on them to do what would really end homelessness."

So the question is a simple one: what would really end homelessness?

The answer, Macleod says, is not so simple.

"There are enough really bright people looking at this and there is enough public and government will do it if there was one thing we could do to solve homelessness, we'll have done it," she says. "The policy is, it's a complex problem and it's going to require a complex, multi-faceted response."

The one thing most experts agree on, however, is the need for funding. And if funding runs higher taxes, Macleod says, so be it.

"Even if we have tax increases, we're actually decreasing services," she says. "If we want the government to look after people who are vulnerable or marginalized, we need to be prepared to pay into the collective pot that allows them to do that."

Scott Gilbert is the executive director of the House of Waterloo (HOW), a previously and federally funded program providing people who have been defined as persistent homeless with fair-employment, one-bedroom apartments and 24-hour supportive care.

"It was a desperate situation, want my tax dollars to look after people," she says. "I think there's what makes a civilized society. There has been too much thrown by the government onto our shoulders and it's the most vulnerable in the community who suffer because of it."

Funding, however, is only the first step. Deciding what to do with it is the next step.

"You can spend dollars one of two ways," Macleod says. "You



Photo by Bruce Davidson

Out of the Cold relies on hundreds of volunteers and thousands of dollars of local donations each year.

use to keep the homeless people more comfortable, the other is to try and move them from homelessness to housing. We have decided, as a region, that we really want to move people from homelessness to housing. We see that as a much better long term, more humane, more dignified solution."

In other words, fewer emergency shelters and more sustainable housing initiatives like HOW.

One of only three housing programs of its kind in Canada, HOW was approved by a group of Out of the Cold volunteers desperate for a long-term approach to homelessness. Since opening its doors in 1970, HOW has retained about two-thirds of its original 30 tenants.

According to Gilbert, that's an extremely successful result for a program designed not as a stop-gap solution but as a permanent place for people to live.

In fact, Gilbert says, some of HOW's tenants are error-free. She says that's what makes the program so unique — and so successful.

Which shelter are designed to get people in and out as quickly as possible, the purpose of HOW is to provide shelter and support for as

long as people need it.

"Most people will say to you, 'In order to live here you must be clean and sober.' Here, we don't continue active use of drugs and alcohol, but it's a part of how people live and we don't judge," she says.

"We try and help those people use the lease the shelter is doing and help them respond to that lease, but we try not to interfere people."

In short, "It's whatever we can to help them remain stably housed."

Gilbert says part of what makes programs like HOW effective to their individual and support instead of simply saying someone's rent and handing over the keys, they meet the various needs of their tenants.

Joe Roth has been with HOW since its inception. He says the 14-hour support has helped him overcome times. "There's some really good people here," he says of the apartment building on Rob Street in Waterloo. "I don't care who you are, this place would help anybody."

Dietrich-Bell says an approach like HOW would work well with homelessness. "It wouldn't be the best if 10 people were brought in each

and each had a primary worker who would show a few times a week and helped them cook and helped them with laundry and helped them maintain relationships with their landlord," she says. "It's supported, not independent, living."

Macleod says a model like HOW also makes sense financially.

"When a taxpayer point of view, homeless people are a high number of services in terms of hospitalization and in terms of police calls," she says.

"It's much more affordable to keep people housed and support them than to find of help people's needs met through emergency services."

However, Gilbert admits, supportive housing isn't perfect.

Part of the problem is that the supply level of these services is constantly dwarfed by the ever-increasing demand.

HOW has only 34 apartment units. HOW has 15 beds, few of which are overflow. There is currently a waiting list of 1,100 for the city's various affordable housing initiatives.

The most glaring issue is that to address in the "hard waste" within systems put in place by the province.

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Nick's story both typical and unique

Homeless man says it is 'emotionally draining more than anything else'

◆ COMMUNITY

For instance, she says, as possible people for working by showing back Ontario Works (OW) and Ontario Disability Support. Plus, getting people where they receive employment services, instead of at a table.

"You can get a part time job as a way of stepping out of poverty and re-establishing a more productive life, but you're punished for it. Under the current system there's very little incentive to work."

Gilbert says BROW not only, who must receive OW or ODSP payments to live there, have had opportunities to work but would rather live comfortably with a lower income than make difficult moves and struggle to find adequate accommodation.

"This choice is, do I have a roof over my head, or do I have a part time job and go back on the streets?" she says. "The system needs to take a good hard look at itself and really figure out how to get people out of welfare and allow them to earn some money and live in living conditions that are beneficial to them."

According to Gilbert, another problem facing the homeless is the lack of ODSP funding for certain types of health care.

"You're on the street for 10 years, you haven't been to a dentist, you're missing half your teeth, you want to go get a job but you still end up at a table where it needs to be. Or you may not be able to see and need glasses."

"I don't think there are homes, but according to the system they're not. All these social supports in our system have been eroded," she says. "We have a health system which in many ways is terrible but still has some services people for the most marginal need of society."

While the general consensus is that supportive housing and unsheltered care would go a long way in solving the problem of persistent homelessness, there are also deinstitutionalized systems which need to be addressed.

And for the population relying on emergency shelters for a place to sleep in the dead of winter, the answer, she believes,

Beyond the big glass doors of Rathbone International it is -6°C and snowing. Inside, a 36-year-old man sits alone at a table near the back of the gym. The food on his plate is separated into three neat piles, none of them touching the others. He says it's the way he's always eaten.

The man's name is Nick, and he's been homeless on and off for the past nine years.

He doesn't speak much, but when he does his voice is loud and clear. His face is covered in patches of dark brown stubble, his blue eyes clear and alert. He's dressed in a pair of blue jeans, a green and black flannel shirt and a black toque which is folded up along his ears.

Nick's story is both typical and unique. About five years ago he lost his job of seven years with a food store, becoming a temp.

He couldn't find another job and his dwindling shopping account reached the red, so he moved out from his one-bedroom apartment.

At first he crashed on friends' couches, but eventually considered himself a loner. He began sleeping on stairwells and outdoor areas of local parks and eating at the Rathbone soup kitchen and other community service centres. He can still recall the first time he woke up in a shelter, trying to find his backpack from beneath his head and the first time he was pumped for what few belongings he owned.

Nick, who doesn't drink alcohol or use drugs and has never been diagnosed with a mental illness, slowly began going up on his search for a job. He began wandering the streets and spending hours at a time at the local library.

He applied for OW, and when he began receiving the monthly cheque - about \$370 per month - decided the money would go further if he didn't have to pay rent. He kept living on the streets and says he finally accepted the fact that he didn't have a home to call his own and possibly never would.

"Some homeless people talk about how it's freedom," Nick says between impossibly long pauses. "But I don't think that is freedom. You're locked on the same thing all the time."

"Freedom is when you can decide what you're going to have for supper and what you're going to do tonight, whether you're staying home, going out, watching TV, reading a book, whatever you want. That sort of freedom is what I miss more than anything."

After another long pause and a few bites of meat loaf he says he's tired. The days seem to be getting longer, he says. And longer.

"I'm constantly drinking, more than anything. You don't know what's around the corner, you don't know what's going to happen next. And you don't know whether or not you want to have it."

He rises from his chair, walks over to the nearest garbage can, where he separates the remains of his plate into a black plastic bag.

It's time for lunch, he says without looking up.

He returns his plate to the serving counter and walks across the dirty concrete floor of the gymnasium. He reaches the long roof divider in the centre of the room and pauses. Without turning back, he takes one final step and disappears.



PLAY TACKLE FOOTBALL IN THE C-JFL!!

Predators Football is recruiting players who are looking to play at the next level...if you played High School or Community Football with success, we want to talk with you about playing on our 2013 Ontario Football Conference team.

Representatives from Predators Football will be at the College on Tuesday February 12 and Wednesday February 13 from 10 am until 2pm. We will have a display set up near the Tim Horton's in the Student Services Centre.

The C-JFL

Established in 2005 the C-JFL is comprised of 20 teams in 3 conferences that compete for a National Championship, "The Canadian Bowl" each November.

**Take your game to the next level...
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CALL FOR NOMINATIONS

for the

**ALFRED HAGAR Distinguished Teacher
AWARD**

**Would You Like To Nominate
A Distinguished Teacher?**

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills set them apart. They also demonstrate leadership in their schools, within the college and in related work with their profession or wider community.

For more information about the Award and how to complete a nomination form, go to: <http://www.collegeofarab.ca/collegedocs/alfredhagarawardnominationsform.pdf>, or contact me at the following e-mail address:

- Andrea Goodridge (School of Trades & Apprenticeship) at 2000
- Jim Galloway (School of Engineering & IT) at 4000
- Jay Rossini (School of Engineering & IT) at 2000
- Mary Colley (School of Health & Life Sciences & Community Services) at 2000
- Pauline Cooper (School of Health & Life Sciences) at 2000
- Steve Adams (School of Business & Hospitality) at 1400
- Jeff Pitt (Professional Development) at 2000

Nominations close on March 15, 2013.



A Kitchener collect. An evening with the Kitchener Rangers, now held at Kitchener Memorial Auditorium on Jan. 25, with proceeds going to the United Way.

Stewart, Steve Spott (from left), Rangers head coach and general manager, and Mike McManis and Troy Smith, both assistant coaches, pose for a photo at the event.

Left: A young fan gets his picture taken with Rangers players Mike McManis (left) and Matt Puempel.

PHOTOS BY STEPHANIE LEFEBVRE

Kitchener Rangers give back

BY STEPHANIE LEFEBVRE

The Kitchener Rangers wanted to say thank you to their fans for 10 years of support. So, on Jan. 25, they teamed up with United Way to show their appreciation.

By purchasing a 120 ticket, people of all ages could enjoy an evening with the Kitchener Rangers from 7 to 9 p.m. There were several exciting Kitchener Memorial Auditorium that featured at least one player in each picture.

The event included face painting, autograph signing, videotape preview and pictures.

And even though the official mascot arrived in 1984, Brenda Tulek, the marketing and communications officer for United Way Kitchener-Waterloo and Area, said the estimated ticket price that night was \$15,000.

At the beginning of the evening, Mike Puempel, 22, assistant GM, welcomed everyone to the event. As the evening, he gave an

overview of the club's on-ice and off-ice success. He also could explain what the night was all about.

"It's to raise funds for the community through United Way K.W." she said. "This represents a strong commitment to the Kitchener Rangers' history of community support. This year we decided to recognize and celebrate the Kitchener Rangers in their 10 years of history."

She went on to thank many supporters and sponsors, including the media for mak-

ing the event happen.

The fans were thanked as well. Over the course of the evening, they had a chance to talk to the players, ask them questions and have their pictures taken with them.

The event was a fundraiser for the United Way but Rangers head coach and general manager Steve Spott said it was a "win-win" for all.

"The players will make tonight part of a legacy. Not just on the ice but in the community as well. They understand that it is (their) support that has built and strengthened our franchise and we're proud to give back."

He also said his players knew that a victory in being hockey players they are part of the community too.

Which is why, that is the

reason \$14-million proceeds to the Kitchener Memorial Auditorium. Funded by the Kitchener hockey club in the form of a revenue lease from the city, the players now have a home and dressing room worthy of 10 years of entertainment.

Spott said the updated centre has afforded the players world class facilities to train and play in. It also allows for about 1,000 extra seats to be filled with fans each night.

During the evening, fans could tour the dressing rooms, which were much nicer than expected, made from the typical dressing room small.

Two of the most popular activities throughout the night were viewing players' jerseys and their locker area.



Kitchener Rangers players Owen Stewart and Steve Spott (right) signing autographs for excited fans while other fans had their faces painted.



Fans had the opportunity to tour the dressing rooms and see the players' jerseys and locker area.

HOCKEY WAS NEVER ON HOLD AT CONESTOGA COLLEGE



PHOTO BY KAREN PEDERSEN
Conestoga College students make quick plays and tight saves during ice hockey tournaments at the recreation centre on Jan. 24.

VALENTINE'S DAY IS NOT JUST FOR COUPLES



PHOTO BY KAREN PEDERSEN
If you find yourself alone this Valentine's Day, surround yourself with things you enjoy, whether it's snuggling up with a good book, watching a favourite movie, listening to your favourite playlist or getting out of the house. Whatever you do, treat yourself this Feb. 14.

COUNSELLOR'S CORNER: Grief



You can't stop crying. You feel angry. You feel numb. These feelings are all normal reactions to loss in our lives - a reaction we call grief. Grief does not only have to be a result of losing a loved one to death. Via griefs any kind of loss - the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process.

If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there - be a good listener or remind them how much you care with a card, a hug or some time together. If you are grieving a loss and would like to talk with a counsellor or find out about resources in the community, come to Counselling Services.

A Message from Counselling Services.

SUNDAY NIGHTS SEND YOU BACK IN TIME



PHOTO BY ALLAN FINKLES
Local musician Paul MacLeod entertains Barhousers patrons with his renditions of classics such as Weeping Willows and Bruce Cockburn's One Day I Will. MacLeod and fellow musician Alex Macleod play at the Barhousers in Victoria Park every Sunday night at 8 p.m.

Career and Employment Resources

University Application Workshop

February 12: 8 - 8:30 pm, Dean Lee 108

February 13: 8 - 8:30 pm, Dean Lee 108

Applying to University? Need help?

Then plan to attend this workshop!

All students applying to university must submit a completed application to Ontario Universities Application Centre (OUAC).

Use it when you decide:

- create your resume
- choose programs
- increase universities
- request transcripts

In order to complete your application, you will need to know:
• university entry programs you want to apply to

Your application will be mostly completed during the workshop. Take complete your personal information when you get home.

Registration is required via MyCampus.

Mark your calendars now for
Conestoga's On Campus Job Fair

Monday - 10 am - 2 pm, Dean Lee Centre

One-on-One Help With Your Resume or Cover Letter

Call 519-336-6666 or 3338 to make an appointment for One-on-One help with your resume. Availability is limited.



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